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# Office of Family Violence

801 E. Main Street, Richmond VA 23219 http://www.dss.virginia.gov/community/dv/

### **Special Topic- Domestic Violence Awareness Month**

Domestic Violence Awareness Month (DVAM) is the perfect opportunity to develop and launch a public awareness campaign on domestic violence. DVAM awareness campaigns can link with an organization's DVAM activities, span the entire year, or last for several years. They can range in complexity from large budget, national campaigns encouraging a specific segment of the population to get involved in domestic violence prevention, to small budget campaigns that highlight a local hotline number. The Domestic Violence Awareness Project and the National Network to End Domestic Violence have some excellent DVAM resources.

Please let us know if you have any special DVAM activities that you would like to invite others in VA to attend and we will highlight it in the October newsletter.

### Fundraising-Safe Harbor too. apparel

A unique partnership with a socially-conscious clothing company is helping Safe Harbor obtain a much-needed but often overlooked donation item: women's underwear.

The panties are provided by too. apparel, a clothing company with a cause that produces comfortable underwear designed by women. For each pair of underwear sold, too. donates a new pair to domestic violence shelters, rape crisis centers and women's addiction recovery centers. The company is based in Cincinnati, Ohio, but its mission to support survivors of domestic violence reaches women and children across the country.

Safe Harbor is fortunate to be among a handful organizations to partner with too. and receive donations of new underwear for women and children at the shelter. The company currently donates underwear to shelters in 12 states, from Missouri and Alaska to Georgia and Colorado. Goryl reported that he is not able to accept requests from new agencies at this time due to the high demand for donations, but he hopes to expand to more shelters as sales increase. For more information, click <a href="here">here</a>.



### **Funding Opportunities**

The Office of Family Violence will release a Request for Proposals for the following: funding for the establishment of new programs; funding for existing programs for one-time expenses; and funding for existing programs to address emerging and unmet needs. Please check the Virginia Dep. of Social Services website <a href="https://example.com/here-base-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-state-

### **Upcoming Training**

### September 10th

### Economic Security for Survivors Free One-Day Training

In partnership with DCJS and the Action Alliance, Wider Opportunities for Women, a national advocacy and technical assistance organization, will provide a one-day training on the intersections of economic security and survivor safety.

#### September 12th

#### **Advanced VAdata Training**

After this training you will learn: When and how to use the reports in VAdata; queries - how to use them to audit VAdata and retrieve information you've put into VAdata; how to use VAdata reports in grant writing, public awareness, and other community awareness activities; and how VAdata data entry impacts your quarterly statistical reports.

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### **Board Development- Magical Thinking**

Board decisions, made by silent agreement or approval of a strategic direction that was not sufficiently challenged, can be the beginning of trouble for a nonprofit organization. Many members go along with decisions on nonprofit boards that they would never even entertain in the for-profit world. In an article written for *Nonprofit Quarterly*, some examples of magical thinking can include approving a budget without a surplus; revisiting decisions repeatedly because other members were not present when they were originally made; wearing "rose-colored glasses" when it comes to the Executive Director because they are so grateful for the hours dedicated for often very low pay; and a loss of objectivity that can come from "believing your own press release."

The article goes on to outline some ways to avoid magical thinking that includes bringing in realism and objectivity from the for-profit world, assuming responsibility for fiscal performance and creating a performance dashboard, with interim benchmarks, instead of simply listening to end of the year reports. To read the entire article, click here.

'If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."—<u>Henry David Thoreau</u>

### **Grant FAQ**

Do the new changes in VAWA on LGBTQ Inclusion and Accessibility, is our program now required to house men at the shelter, rather than a hotel?

If sex segregation or sex-specific programming is **necessary to the essential operation of a program**, nothing shall prevent any program or activity from consideration of an individual's sex. In such circumstances, grantees may meet requirements by providing **comparable** services to individuals who cannot be provided with sex-segregated or sex-specific programming. Read more <u>here</u>.

### Census Day 2014- September 10- 11th

Census Day 2014 is approaching. The Census is a powerful tool in telling the story of survivors in communities across the country and the work you do every day to support them. Please read through this information about participation in the 2014 National Domestic Violence Counts Census. Attached to this newsletter is the Census Survey Info Packet, which contains information about the Census, instructions, and the survey itself. There will be an informational call for local programs on Wednesday, September 3<sup>rd</sup> at 4:00pm ET. Call-in information: 1-866-244-8528 // Passode: 813212. For additional information, go to <a href="http://nnedv.org/projects/census.html">http://nnedv.org/projects/census.html</a> or contact <a href="mailto:census@nnedv.org">census@nnedv.org</a>

### **Upcoming Training**

### September 15th

#### **Program Assessments**

This webinar will walk participants through basic tools to assess the readiness of their programs to welcome and meaningfully support diverse LGBTQ survivors as well as to evaluate the accessibility of built environments, cultural capacities and other key considerations.

#### September 23rd

Assessing Your Organization for Physical Access and Safety More details posted soon.

### September 23rd

#### Assessing Coercive Control Part 1

An introduction to the NW Network's approach on assessing patterns of coercive control in abusive relationships. Developed over 20 years of work with LGBTQ survivors, the NW Network's approach to is a fundamental consideration for any organization hoping to create relevant, accessible support for LGBT individuals, as well as broadly expanding capacity to respond to the experiences of all survivors. This session is Part 1 in 3 webinars on Assessment.

#### September 30th

### <u>Leadership and Decision-</u> <u>Making: The Me, The You, and</u> The We

In this webinar, learn about a 5 option decision-making framework to facilitate strategic decision-making; how to leverage stakeholder contributions and buy-in; understand factors to consider when determining the level of involvement of others in the decision-making process; and much more!

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### Resource- CDC's new resource for positive parenting

Essentials for Parenting Toddlers and Preschoolers is a free, online resource developed by the Centers for Disease Control and Prevention (CDC) Designed for parents of 2 to 4 year olds, Essentials for Parenting addresses common parenting challenges, like tantrums and whining. Positive parenting skills and techniques can reduce parenting stress and provide parents with ways to handle their child's misbehavior. Skills focus on encouraging good behavior and decreasing misbehavior using proven strategies like positive communication, structure and rules, clear directions, and consistent discipline and consequences. Resources include:

- Articles with a variety of skills and tips
- "Frequently Asked Questions" answered by parenting experts
- Fun and engaging videos featuring parents, children, and parenting experts who demonstrate and discuss skills
- Free print resources like chore charts and daily schedules

Learn more here: CDC's Essentials for Parenting Toddlers and Preschoolers

### Resource- First National Online Domestic Violence Provider Database

For the first time ever, consumers will have access to approximately 3,000 domestic violence organizations - all from their desktop, tablet or smartphone! This new free service for consumers at <a href="www.domesticshelters.org">www.domesticshelters.org</a> is a service of Theresa's Fund and the National Coalition Against Domestic Violence. It is the largest searchable directory of domestic violence service providers in the United States providing users the ability to find services best suited to their needs and providing domestic violence providers with invaluable online resources.

### Self-Care Corner- Habit Vs. Practice

The words "self-care" can evoke a sense of selfishness that triggers feelings of guilt. This very paradigm needs to broken in order for people to truly practice self-care. From a moral and ethical standpoint, we are working towards a world free from violence, and that must start with ourselves. We are often complicit in creating the circumstances for the depletion of our own power and impact, which in itself is a form of self violence. It is counter to our principles to treat people as replaceable parts, so we need to stop functioning as if we are.

The notion of self-care in every moment also speaks to awareness of your habits. We consider habits to be unconscious, repetitive acts that cannot truly serve you because of the level of unawareness attached to them. Rather, we urge you to cultivate intentional practices, which are repetitive acts that are consciously done for an explicit benefit and can be improved upon over time.

For example, take something like brushing your teeth. You likely have an unconscious habit around which teeth you brush first, what direction, for how long, etc. This does not serve you because you are missing the same spots each time and wearing down the same spots over and over. What if you were to brush your teeth with your other hand? Though it may feel awkward at first, notice how much more awareness you have around your action. This consciousness is key to practicing self-care.

To read the entire article and access some unique tools to cultivate a practice of self-care, click here



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